

HANDOUTS – MF Week 1/5 week

My Chronic Condition Self-Management

WHAT TO DO: 

Good Day: Maintain regular self-management tools, minimize triggers...



Average Day: What do I need to do differently? I.e: Exercise, Rest, Fun,



Bad Day: When do I seek help? I.e: Social Activity, Take a Break. Review



Handwriting practice area with horizontal dashed lines across three columns: green (Good Day), yellow (Average Day), and red (Bad Day).

Moving Forward Pre-group Information

Please print, if possible.

In a line or two, please tell us the main concern you would like to have help with or change?

If this were to change or improve, how would your life be different?

HANDOUT WK 1-2**EXERCISE: Clarify Your Values**

Below are some common values. (They are not 'the right ones'; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you: V = very important, Q = quite important, and N = not important.

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, and real; to be true to myself
5. Caring/self-care: to be caring toward myself, others, the environment, etc.
6. Compassion/self-compassion: to act kindly toward myself and others in pain
7. Connection: to engage fully in whatever I'm doing and be fully present with others
8. Contribution and generosity: to contribute, give, help, assist, or share
9. Cooperation: to be cooperative and collaborative with others
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
11. Creativity: to be creative or innovative
12. Curiosity: to be curious, open-minded, and interested; to explore and discover
13. Encouragement: to encourage and reward behavior that I value in myself or others
14. Excitement: to seek, create, and engage in activities that are exciting or stimulating
15. Fairness and justice: to be fair and just to myself or others
16. Fitness: to maintain or improve or look after my physical and mental health
17. Flexibility: to adjust and adapt readily to changing circumstances
18. Freedom and independence: to choose how I live and help others do likewise
19. Friendliness: to be friendly, companionable, or agreeable toward others
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others
21. Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
22. Gratitude: to be grateful for and appreciative of myself, others, and life
23. Honesty: to be honest, truthful, and sincere with myself and others
24. Industry: to be industrious, hardworking, and dedicated
25. Intimacy: to open up, reveal, and share myself, emotionally or physically
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others
27. Love: to act lovingly or affectionately toward myself or others
28. Mindfulness: to be open to, engaged in and curious about the present moment
29. Order: to be orderly and organized
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.
31. Respect/self-respect: to treat myself and others with care and consideration
32. Responsibility: to be responsible and accountable for my actions
33. Safety and protection: to secure, protect, or ensure my own safety or that of others
34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
35. Sexuality: to explore or express my sexuality
36. Skillfulness: to continually practice and improve my skills and apply myself fully
37. Supportiveness: to be supportive, helpful and available to myself or others
38. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
39. Other: _____

What is Mindfulness?

Mindfulness: a state of nonjudgmental awareness of what's happening in the present moment, including the awareness of one's own thoughts, feelings, and senses.

Components of Mindfulness

Awareness. During a state of mindfulness, you will notice your thoughts, feelings, and physical sensations as they happen. The goal isn't to clear your mind or to stop thinking—it's to become aware of your thoughts and feelings, rather than getting lost in them.

Acceptance. The thoughts, feelings, and sensations that you notice should be observed in a nonjudgmental manner. For example, if you notice a feeling of nervousness, simply state to yourself: "I notice that I am feeling nervous". There's no need further judge or change the feeling.

Benefits of Mindfulness

Reduced symptoms of depression and anxiety

Improved memory, focus, and mental processing speed

Improved ability to adapt to stressful situations

Greater satisfaction within relationships

Reduced rumination (repetitively going over a thought or problem)

Improved ability to manage emotions

Mindfulness Practice

Note: Mindfulness is a state of mind, rather than a particular action or exercise. However, without practice, mindfulness is difficult to achieve. These techniques are designed to help you practice.

Mindfulness Meditation

Sit in a comfortable place, and begin paying attention to your breathing. Notice the physical sensation of air filling your lungs, and then slowly leaving. When your mind wanders—which it will—simply notice your thoughts, and turn your attention back to breathing.

Mindfulness Walk

While walking, make a point to practice mindfulness. Start by noticing how your body moves and feels with each step. Then, expand your awareness to your surroundings. What do you see? Hear? Smell? Feel? This technique can also be expanded to other daily activities.

Body Scan

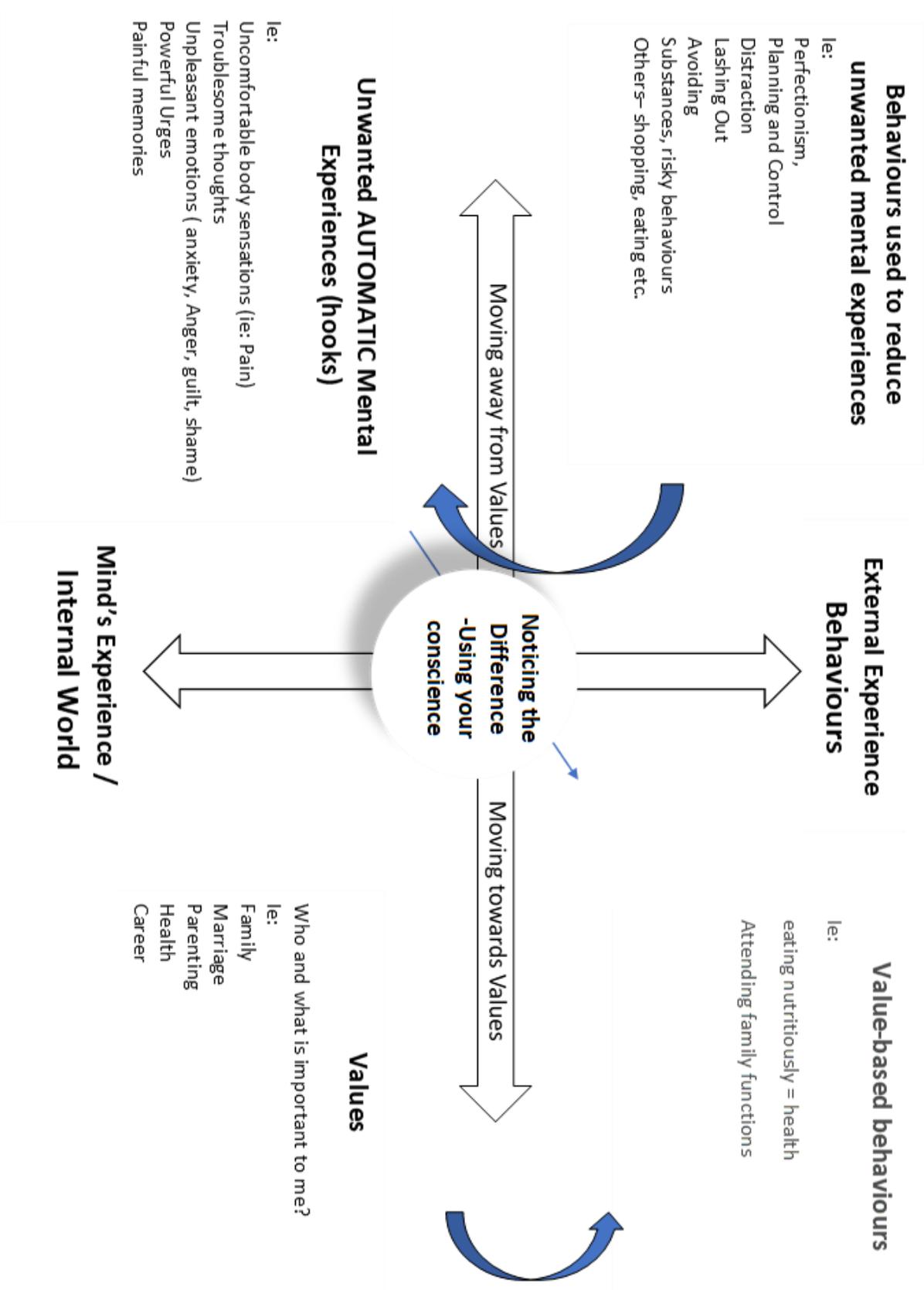
Pay close attention to the physical sensations throughout your body. Start with your feet, and move up through your legs, groin, abdomen, chest, back, shoulders, arms, hands, neck, and face. Spend anywhere from 15 seconds to 1 minute on each body part.

Five Senses

Make a conscious effort to notice the present moment through each of your senses.

- 5 things you see
- 4 things you feel
- 3 things you hear
- 1 thing you taste
- 1 thing you smell

The ACT Matrix



Week 1 Homework

1. When did I notice that I was 'in my head?'

2. When did I notice I was 'in the world, experiencing with my 5-senses?'

3. Examples of times I was engaged in 'towards moves'

4. Examples of times when I was engaged in 'away moves'

What I'd like to Get Rid of

What thoughts, feelings sensations, memories, urges, I'd most like to get rid of?

What efforts do I make to avoid or get rid of these unpleasant internal experiences? - See typical techniques listed in the box below.

Typical Techniques:

Distraction, zone out ie: to take mind of the painful thoughts, feelings sensation or memory – ie: gaming, googling

Opting out ie: avoiding or withdrawing from activities (going to bed), interests, events people, places and opportunities, you've missed out on because you did not feel good or wanted to avoid feeling bad.

Thinking Strategies: Worrying, dwelling, fantasizing about the future, imagining escape scenarios winning the lottery, leaving your job or partner, revenge scenarios, suicide scenarios, thinking 'it's not fair' or 'if only', blaming yourself or others or the world, talking logically, positively or negatively to one's self, analyzing oneself, the situation, of others, (trying to figure out why).

Numb out ie: food, drink, cigarettes, rec. drugs, prescription drug.

Anything else: _____

Did some or all of the techniques work? How? Temporarily? Or Long Term?

Are there costs? such as time, relationships self-esteem health, money, energy, health?
